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Area Buyers Guide

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April 22, 2015

A physician once said, "The best medicine for humans is love." Someone asked, "What if it doesn't work?" He smiled and said, "Increase the dose."

--Unknown

1993 Chevy Scottsdale pickup, C-10, 1/2 ton, 4.3 engine, 8' bed w/topper, auto/air, $1750 OBO. 309-258-8777.

4x8 trailer with new tires and wheels, $400. 309-634-9596.

Agri-Fab Utility 10 dump trailer, all metal, 10 cu.ft. $60. 309-830-5636.

Duerr log splitter Pro20 Plus B&S, 5HP, $600. 309-830-5636.

Collector Plates: Alan Ladd, Gary Cooper, Clark Gable, others. $28/each. 309-830-1207.

Monark 16ft. bass boat, 25HP Evinrude, trailer, Minkota trolling motor, depth finder, extras, GC. $2500 OBO. 309-287-6801.

1986 Kawasaki Voyager, 30K, trike kit, AM/FM, trailer hitch. $4500 OBO. Manito, IL. 309-251-1969.

Token slot machine. Lights and sound. Fun for rec room. $100. 309-830-1207.

Great condition: Gold's Gym elliptical machine, $75. 309-310-9602.

2000 Silverado 4x4, with 8 ft. topper. $3500 OBO. Mackinaw, 309-613-3004.

Oak kitchen set: 4 chairs + 2 captain, table w/2 lead pedestal legs, large lighted hutch, dry sink. $3200 new, asking $1200. 309-256-4126.

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Fax: (309) 359-3007
Hours: Monday-Thursday 8:30 a.m.-5:00 p.m.
Friday 8:30 a.m.-1:30 p.m.
E-mail: areabuyersguide@frontier.com
Website: AreaBuyersGuide.com

Greg Albrecht, Publisher/Editor
Lori Harding, Production Manager
Suzie Brown, Customer Service & Billing

Household/Furniture/ Appliances:

Kitchen appliance package. Stainless steel, LG refrigerator, french doors, bottom freezer. Under cabinet microwave. Gas stove with self-cleaning oven, dishwasher. Purchased new $4500. Asking $2500. 309-370-7277.

Selling for my parents: Ethan Allen cherry table with 2 leaves, pads and 6 chairs, 2 with arms. Good condition, purchased new in 1986 at Ensenbergers in Bloomington. Hutch by Kling Colonial, cherry, hardwood construction with dovetail joints throughout, 76"x51". $950 OBO/all. Will sell hutch separately but not table. 309-530-4836. Call for information or photos.

Area Buyers Guide 'Til Sold' Ads

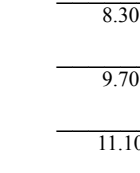
On items that qualify as a "til sold ad", the Area Buyers Guide will run the ad until the item sells. Til sold ads do not apply to business, real estate, land, burial plots, mobile homes, 5th wheels, trailers, RVs, or ads which include multiple items.

If you've had no phone calls after 90 days, we suggest you consider lowering the price of your item. It's helpful to re-evaluate your price every 90 days.

When your ad has been running for some time, we reserve the right to run it on a space-available basis. New ads will take precedence if space is limited.

On ads that run until sold, the only cost is the initial cost to place the ad.

Give Greg a call at (309) 359-4561 if you have questions about the best way to sell an item. Thanks for your business!



Area Buyers Guide

Classified Ad Form

Mail ad & payment (check or credit card information) to:
Area Buyers Guide, PO Box 358, Mackinaw, IL 61755

See www.areabuyersguide.com for more information or to place your ad online.

Classified Ad Deadline: Friday at Noon

We accept Visa, MasterCard, Discover & American Express

$7.95 for 12 words
.35 per word after the first 12
Phone number = one word
We will revise wording to fit payment as necessary.

Private party ads with one priced item will run until item is sold (some exclusions apply). No real estate. Ads which do not qualify will run for 2 weeks.

(1)	(2)	(3)	(4)
(5)	(6)	(7)	(8)
(9)	(10)	(11)	(12)
8.30	8.65	9.00	9.35
9.70	10.05	10.40	10.75
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Area Buyers Guide Deadline

All ads due by Friday at noon.

Late classified ads will be taken on a space-available basis until press time on Monday morning.

Coming Events

Fridays, 7:30pm, AA meetings, Municipal Bldg, Mackinaw.
Mondays-Fridays, 8am-4pm, Tazewell County Food Bank for Veterans, Mackenzie Bldg, Pekin. Call 477-2271 for information.
Tuesdays, Toastmasters meeting, Morton Library, 5pm. Info: Martie, 309-359-8753.
2nd Mondays, Mackinaw Lions meet at Mackinaw Christian Church, 6:30 p.m. Info: 309-840-5893.
2nd Saturdays, Peoria Poetry Club at Riverview Senior Living, 500 Centennial Drive, E. Peoria. Bring sack lunch 11:30. Program 12-2. 309-822-8308 or peoriapoetryclub.com.
Saturdays, "The Gathering" worship service, Mackinaw Christian Church, 4:30pm. Open, accepting, casual worship.
Thursday, April 23, HMC Past/Present Employees Potluck, 11:30am, Hopedale Methodist Church. Bring covered dish & table service. Tour of new complex at 10:45. 359-8128.
Friday, April 24, Fourth Friday Gospel Jamboree, Armington Christian Church, 6:30pm. Love offering taken. Snacks afterward. Info: 309-392-2828.
Saturday, April 25, Congerville Gun Club Chicken/Catfish/Walleye dinner at Deer Creek Legion, 4-8pm. Call Legion for tickets or at the door.
Saturday, April 25, Tremont S.A.L. Chicken BBQ Dinner, Tremont American Legion, 4:30-7:00pm. Karaoke 7:30pm.
Sunday, April 26, Tazewell County Humane Society Rabies Vaccine Clinic, held at Canine Design, 444 Main St., Creve Coeur, 11am-2pm. Call or email to make an appointment: 309-996-0608 or tazewellhumanesociety@gmail.com.
Monday, April 27, Alzheimer's Association Family Caregiver Night. 6-8:30pm at Par-A-Dice Hotel, East Peoria. $5 per person. Call toll-free 800-272-3900.
Wednesday, April 29, DCM Dist. #701 Early Childhood Screenings for ages 0-5 at Deer Creek-Mackinaw Primary/Jr. High. Call Ann Schwarting, 309-359-5480, for appointment.
Saturday, May 2, Hopedale Village Library Bake Sale, 8am-1pm, & BBQ Pork Meal, 11am-1pm. Community building, corner Main & Railroad, Hopedale. Info: 449-5557.

To advertise a not-for-profit organization's activity, fax, mail, or e-mail information 3-4 weeks in advance to: Area Buyers Guide, P.O. Box 358, Mackinaw, IL 61755 (areabuyersguide@frontier.com). This section is a public service and is on a space-available basis. We limit notice size to 20 words or less. For more information on advertising rates or policies, call (309) 359-4561 or fax (309) 359-3007.

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Wanted: Baby bed in excellent shape & a car seat for an infant. 309-392-2217.

New queen pillowtop mattress set, still in plastic. $200. Can deliver. 309-838-8923.

Oak family room set, 7 piece, navy cushions, VGC. $650 OBO. 309-267-7782.

Whirlpool gas dryer, Duet/Steam, used very little, $175. Interested, call 309-444-3157 or 309-696-2195.

7 piece king size Country French bedroom set, retail $16,000, EC. $5500. Pictures on Craigslist. 309-657-8787.

Stacked washer/dryer, super capacity, Frigidaire, electric, commercial 3/4 HP, EC. $550. 309-382-2316.

Stacked Crosley washer/gas dryer, excellent condition, new $1600. Asking $800 firm 309-613-7464.

Water Heater: Bosch AquaStar, instant heater, whole house. New, never installed. NG or LP. $400. 309-547-1044.

Kirby vacuum/shampooer, hardly used. Paid $2400, asking $1000. Call 309-244-8252.

Durango stove, wood, used once, UL approved, $400. Call for more information. 309-597-2446.

Oak wall quilt hanger, new. 60". $60. 309-840-3230.

Dining table, metal base, Formica top, seats six. Four upholstered swivel chairs on metal base. $140. 309-202-7471.

Honey oak dining room table, octagonal, 40"W, 54"L, with 3 leaves and 4 chairs. LN. $900. 309-635-6837.

Wood burning stove, Arrow, has blower and ash drawer, nice stove, $500. 309-267-3897.

LG refrigerator, stainless steel door, black sides, some dents, $200. 309-830-6626.

Wing back chairs, 2, dark rose/cream, oak legs. Matching oak tables: 2 end tables, 1 sofa table. $150. 309-275-9739. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

Multi-shelf TV cabinet, 71x71, 13 shelves, oak finish. $250. 309-256-0170.

Kenmore 24" dishwasher, works great, no longer using. $150 OBO. 309-840-3629.

For Sale: Portable dishwasher, tan/black front. $125 OBO. 309-620-3746.

Sears Kenmore front load washer & dryer with pedestals. White, good condition. $700 OBO for both. Pekin, 309-613-0872.

Thermal lined drapes with valance, 144"x69", rose colored. All hardware included. $125. 309-379-6441.

Foyer pendant, 6 light, 30"x16" beveled glass case, dark metal trim, $350 new. Asking $60. 309-346-6987.

Tell City maple double rocker, EC, country blue upholstery. $125. 309-392-2242.

Hall table, metal with glass top, like new. 1'3" x 4'5", $60. 309-346-6987.

Amish rice design 4 poster oak bed, box springs & mattress, queen, LN, $1000. 309-621-1087. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

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China cabinet, lighted, mirrored. 78"H x 18"D x 51"W. Excellent condition. $180. Phone 309-264-4415.

Kirby vacuum, G6, with floor care shampooer kit, used very little. $375. 309-256-5237.

Laundry pedestal with drawer. $75. 309-846-5852.

Oval oak table with two leaves, $80. 952-239-8001.

Antiques & Collectibles:

Antique wooden duck decoys, Masons and a few Illinois River, nice condition. 309-347-1607.

Pez candy dispensers, some 2003, thirteen, all movie characters. Tweety Bird, Christmas snowman, Charlie Brown, ten others. $25 each. All thirteen $300. 309-202-2298.

Home Interior Denim Days, entire set, $600 or will separate. 309-382-2257.

Abraham Lincoln's death newspaper. Authentic, no reproduction. Rare Illinois Journal, Springfield, Illinois, April 17, 1865. Fair condition, $500 firm, cash only, serious inquiries only. 309-359-8951.

Antique fireplace front from early 1900 home. $300. 309-925-3251.

Nice antique Maytag washer with electric motor, has excellent graphics. Maytag oil can goes with it. $550 OBO. 309-530-6277.

Norman Rockwell Christmas collector plates. $15 each. 309-264-1016.

For Sale: Antique upright wood burning stove, beautiful. Blue granite over cast iron. $700 OBO. 217-732-8819.

Large Wagner cast iron bean pot, complete with iron stand, $275. 309-265-6192.

Two iron corn planter wheels, old, $55. 309-265-6192.

Two old wagon wheels with steering mechanism, $75. 309-265-6192.

1948 sewing machine, Free-Westinghouse, with cabinet, excellent condition, accessories, manual. $100. 309-692-2277.

Busch beer pool light, 4', single lamp. $100. 309-694-4015.

1930's upright piano, good condition, $75. Sunnyland, 309-635-7120.

Fire hydrant, antique Saint Louis 1942, $199 OBO. 309-530-1895.

12 NASCAR Winston Cup yearbooks, EC, varying years. $150 for all. 309-392-2242.

Rare Disney Magic Movie Theater. Only 200 produced worldwide. $200 OBO. Call 309-642-5830.

100+ pieces of American Fostoria crystal, $450. 309-303-0460.

Exercise/Sporting Equipment:

Golf clubs with bag, includes irons and drivers. $35. 309-620-3086.

16' canoe, Mad River, 2 custom bent paddles, seats & extras. $1500. 309-694-4015.

Soloflex exercise machine, all accessories and instructions included, VGC, $200. 309-202-0732.

Wrestling: Title MMA 90lb. dummy. Excellent condition. $200. 309-968-1363.

Concept 2 Rower. Excellent shape, 1 yr. old. $720 OBO. 309-472-9546.

Tools & Equipment:

For Sale: Generac portable generator, Model GP5500, runs and works great, $400. Please call 309-273-5002, Mackinaw.

Floorcraft 7amp laminate floor saw, used once, LN, extra blade. Half price, $65. 309-346-6987.

Mori-Seiki Engine Lathe. 20" Swing, 49" Bed, 32-1800 RPM 3 Phase, 10" Master Jaw 3 jaw chuck, 16" Faceplate, Steady Rest, Tailstock, Foot Brake, Quick Change tool post. $4,500 OBO. No texts, 309-224-8006. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

Slightly used tools and chest, asking $800. Call after 5pm: 309-682-0564.

Heavy duty 5 inch centrifugal pump mounted on half HP 120V Wagner motor, $80 OBO. 309-839-1479.

Antique lathe, cuts threads, extra equipment on oak cabinet w/drawers, very unusual. $1125 OBO. Russ, 309-265-8810.

Air Compressor: Portable 2 gal. Campbell Hausfeld, runs good, $50. OBO. 309-444-2874.

Saddle Tanks: Chem Farm stainless steel w/ mtg brackets, shut-off valves, & hoses. 200 gallon each side. $500 OBO. 309-253-0592.

For Sale: New Hyundai HCP3550, 3500 Watt Heavy Duty Generator, $450, 309-359-8259.

For Sale: New Hyundai HCP652 Commercial Water Pump, 9500 GPH, $300, 309-359-8259.

For Sale: New Titan Commercial Heavy Duty Water/Trash Pump, $500, 309-359-8259.

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Cars & Trucks:

2011 Suburu Legacy, approximately 84,000 miles, excellent condition, $12,500. Donna, 309-265-2445.

2013 Camaro 2SS convertible RS, crystal red metallic tintcoat, black leather interior, 4,600 miles and always garaged. Very nice car, lots of fun, very sharp. Has all that the 2SS equipment offers along with the RS pkg. Showroom floor ready. Call/text for details. Serious inquiries only. $40,000. 309-824-3967. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

1995 Ford F150 XLT, V8, 128,000 miles, good tires, topper. $2500 OBO. 309-963-4001.

2000 K35 Dually, 56k, one owner, PS, PB, 4dr, A/C front & rear, bedliner, Reese, rails for 5th wheel, running boards, EC. $9800. 309-267-1451.

2005 Jaguar, 4dr., sunroof, 3.0, 166,000 miles, needs engine work. $3000. 309-275-7201.

2006 V6 Mustang convertible, 29k, $2000 of custom add-ons, EC. $16,500. 309-657-8787. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

2005 Chevy Venture 8 passenger van, runs great, little rust, $3250. 309-208-0724.

For Sale: 1990 Volkswagen Cabriolet. White on white. $2000 worth of work done. $6000 or best offer. Call 309-242-5957.

For sale or trade: 1980 Ford F150 Ranger XLT, 60,000 actual miles, set up to pull 5th wheel trailer. $2500 OBO. 309-543-2792.

1968 Plymouth Valiant, 6 cyl., auto, 2 door, 41,000 miles, runs good. $2650 OBO. 309-258-8777.

1965 Thunderbird: Previous owner actor Bruce Willis. Customized by Troy Ladd of Hollywood Hot Rods, 40 E. Palm, Burbank, CA. Built 390 cu. in., 444HP with 3x2 Holleys. Serious inquiries. $35,000 OBO. Bill, 309-838-9781.

2004 Nissan Frontier pickup, 1 owner, 5 speed, full power, 170K miles, $5195. 309-925-5308.

2011 GMC Sierra 1500 SLE, stealth gray, 5.3L V8. 34995 miles, $25,862. Lighthouse Buick GMC, Morton. 309-291-0623.

1996 Ford Windstar. Needs head gasket. Tires 1 yr old. $700 OBO. 309-253-5413.

'99 Lincoln Continental. Beautiful, loaded, LM, head turner. $4500. OBO / 309-340-3282.

2005 Chevrolet TrailBlazer EXT, 97K, new tires and brakes, rear heat & air, GC. $6000 OBO. 309-963-4162.

1980 Volkswagen diesel pickup, 147,000 mi., 35-40 mpg, new parts list as long as your arm, topper, 5 speed, extra parts. Call for details. $3995 OBO. 309-530-1895.

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1991 Mercury Marquis, mechanically well maintained, brand new battery, runs good, maintenance receipts kept. $1400 OBO. 309-968-7641 or 217-870-0190.

2007 Chevrolet Avalanche, LT, Z71, 4wd, pewter, 93,000 miles. 20" wheels. VGC. $17,500. 309-696-8711.

2008 Hyundai Sonata Limited, one owner, 35,200 miles, GC, $9200. 309-266-9609.

Ford F350 2005 6.0 diesel. Body excellent, runs. Serious inquiries only. $5800. 309-287-2318. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

One owner '97 Astro Chevy van, GC , 1GBDM19WXVB229157, 4.3 V-6 Vortec, 7 passenger, deluxe plush interior package, running boards, luggage rack, dutch rear door +. 222,000 highway miles. $2995. 309-648-8434, Tremont.

2005 Honda Accord coupe, 89k miles. Runs great. New tires. Leather seats. $10,000. Forest City, IL. Call Sarah, 309-620-6536.

2006 Buick Lacrosse CXL, lt blue, 3.8L V6, 94,215 miles, $7861. Lighthouse Buick GMC, Morton. 309-291-0623.

1999 F250 Super Duty, 5.4L engine, 173,000 miles, 4x4. $3200 OBO. 309-535-1180.

2000 Turbo Beetle 5-speed, 87,972 miles. New tires/brakes, leather. $4500. Call 309-241-1451.

2001 Ford Excursion XLT, blue, V10, 4WD, 124,000 miles. $7000 OBO. 309-208-8759.

2001 Sebring, nice, 80k, loaded, V-6, leather, runs good. $4500 OBO. 309-340-3282.

1985 Ford F150 truck, runs great, tires are good. $1000. 309-258-6396.

2003 Mercury Sable, 129,000 miles, V6, GC. $3500. 309-202-4539.

2005 F350 Powerstroke Diesel 4x4, auto trans, XLT, single rear wheel, standard cab, 108k miles, $14,500 OBO. 309-251-0878.

Rare 1951 Lincoln Lido, still in storage 15 years. Reduced price $5500. 309-530-6277.

2003 Mitsubishi Diamante, low miles, leather, sun roof, cold air, $4495. 309-267-3876.

2009 Volkswagen Rabbit S, silver, 2.5L 5 cyl. 49,662 miles $9861. Lighthouse Buick GMC, Morton. 309-291-0623.

1973 Ford F100 390 6.4L 4 wheel drive. Heat works good. New paint job. $5800. 309-620-4947. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

1998 Firebird, black, V6, Flowmaster exhaust, Corvette Z06 wheels, T-tops, 113,000 mi. $3500 OBO. 309-208-0075.

1995 Chevy S10 5-speed manual transmission, new clutch & engine 5,000 miles ago. Great body. $3350 OBO. 217-737-5090.

1985 Corvette, silver/grey with T-tops. 89,000 mi. New paint, tires, & exhaust. All original, well maintained. Reliable and fun to drive. Exceptional value. $8000. 309-224-8006.

2004 Mercury Sable, silver, clean, runs good, 140,000 miles, $3200 OBO. Call 309-620-4245.

2002 Corvette convertible, 65,000 miles, mint condition. Many, many extras. $25,000. 309-208-6966.

1974 Volkswagon Beetle. EC. $5995 OBO. 217-737-5090.

1995 Lincoln Mark VIII, runs great, cold A/C. $3500 OBO. 217-737-5090.

2002 Trans-Am: WS6, silver, automatic. New tires, brakes & battery. Garaged. $12,995. 309-685-3831.

VW Convertible: 1978, fuel injection engine, Headliner. $7000. 309-696-8415.

2000 Chevy 2500, 2WD, runs great. $1300. Call Kyle, 309-339-8232. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

1987 Nissan 300ZX: Runs great. Daily driver. All new tires, excellent condition. 2 door hatchback coupe, 5 spd. V6 3.0L, 75k original miles. White/burgundy interior. $3800 OBO. 949-212-4936.

Lighthouse Buick GMC in Morton: For quality competitively priced vehicles. We have over 25 vehicles under $10,000, over 100 pre-owned & over 100 new vehicles in stock. Check out www.lighthousegm.com or call 309-291-0623.

Automotive Miscellaneous:

Realtree camo & black bucket seat covers with console, made in USA by Coverking, neoprene waterproof, new, fits 2013 Chevy. $200, best offer, or trade. 309-241-7184.

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Wheels, Jeep Wrangler JKU, 17" aluminum, 5, like new. $400/set. 309-241-0194.

Bed lid, fits standard size bed, tan color, $275 OBO. 309-267-0048.

Five Goodyear Wrangler tires, 275/60R/20, 4 mounted on aluminum 5 spoke wheels, for Dodge pickup, 4100 miles. $1000 OBO. 309-241-6160.

Truck topper racks, TracRac, aluminum. For ladder/canoe. Hardware included. $50. 309-824-6220.

Dodge pickup topper. $150 OBO. 309-359-6681 or 309-265-8838.

Generac 3250 watt portable gas generator. $275. 309-353-4818.

Hitch Mounted tailgate grill, used very little, paid $800. Sell $150. 309-840-0098.

Four 18" stock King Ranch rims, 6 bolt, $2400. 309-275-3684.

1999 Wells Cargo auto hauler, 44', closed with two 7500# axles, 3500# winch. Interior lighting, stored inside, $11,900 OBO. 309-369-0829.

Recreational Vehicles, Cycles, Boats

For Sale: Full size kayak with 2 sets of oars. $200. 309-840-0882.

2000 Sunnybrook RV pull trailer, 26', one slideout. $8500. 309-244-7353.

Holiday Rambler 5th wheel, 2000, 33', new central air, large awning, 3 tip-outs. Beautiful. Must sell due to health. Lots of extra things. $10,000 firm. Very clean. Phone 309-338-2550 or 309-338-2702.

2007 Wildwood camper, 29 ft. FKSS, front window, lots of counter space, stored inside at Kentuckiana, $11,000. 309-242-1886.

2004 Jayco Eagle, model 293RKS 5th wheel trailer, awning, 2 slides, TV, $12,000. 309-256-4126.

For Sale: Two Power Wheels 4-wheelers with extra batteries. $100 each or both for $175. 309-359-8066.

2000 American Ironhorse-customized, insured value $60,000, Arlen Ness parts, EC. $26,900. 309-657-8787. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

2003 Suzuki Burgman 400cc, automatic, new tires, luggage rack. Excellent condition, 9,450 miles. $2,500 firm. 309-213-1417.

16' Lowe extra wide/deep Jon Boat with a Mariner 25hp electric start outboard and Haul-Rite heavy duty trailer, including extras, EC. $3500. 309-347-1607.

2006 Laredo 29RL 5th wheel camper w/1 slideout. Ducted heat and A/C, elect/gas hot water heater, central vac, microwave, rangetop and oven, fridge w/top freezer, glass shower enclosure, basement storage, new tires, sleeps 4. $12,000. No texts, 309-224-8006.

2007 Suzuki C50T Boulevard, 21,000 miles, windshield, saddle bags, crash bar, highway pegs, almost new whitewall tires. Can text pictures. $4500 OBO. 309-922-0693.

1999 Honda Goldwing 50th anniversary, 1500cc Aspencade, 26,000 miles, full dress, extra accessories, second owner. $7000 OBO. 309-672-1953.

2009 Suzuki C50, purchased new 2011, 800cc fuel-injected v-twin cruiser, running boards, rocker arm shifter, windshield, saddle bags, 5,000 miles, like new. $6000 OBO. 309-672-1953.

My 2009 Polaris RZR sold in five days. Please remove it. Thanks. Al M.

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2003 Carriage Carri-Lite 36' 5th wheel travel trailer, 3 slides. EC. $14,995. May consider trade. 309-267-1451.

2004 Harley Custom Sportster, 21" front, new whitewalls, custom flake paint, lowered, mini-apes, very nice, $4250. 309-963-5513.

1996 Yamaha 1100 CC, low miles, red, white, cherry. $2100. 309-678-5998.

Minibike: Vintage CAT EL400. '70s. 5hp. VGC. New parts. $450 OBO. 309-824-6220.

2000 50HP Yamaha 4 stroke, long-shaft, tiller, ss prop, $2500. 309-678-5279.

1986 Chaparral boat 200XLC open bow, 4.6L. Shoreline trailer. Runs good. $2000. 309-346-4619, 10-5:30 M-F.

2002 Yamaha 650 V-Star custom, 20,000 mi., light bar headlight, breakaway throttle lock, new tires, 2 custom seats, saddlebags, windshield bag, floorboards, modulating rear brake light w/LED lights up sissy bar. $4500. Excellent condition. 309-360-2321.

2007 Yamaha FJR 1300A, 25K, EC. $7500. Many extras. 309-266-6795.

18' Tom Sawyer Runabout, V6 motor, needs work. With trailer. $2500 OBO. 239-985-0299.

2002 Honda Rebel, 7150 miles, 250cc, red, EC. Serviced by dealer. $1800. 309-353-3135. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

12' fiberglass fishing boat. Needs work. $250 OBO. 239-985-0299.

Honda Valkyrie, 2003, 1500cc, 12,500 mi., chromed out. $8500. Contact 309-925-4011.

1968 Johnson tri-hull 16ft, 40hp Evinrude. 8x7 ft deck, Minnkota 40lb thrust, new carpet. $2000. 309-346-4852 or 309-267-1695.

2005 Honda VTX 1300, silver, cobra pipes, excellent condition. $5000 OBO. 309-208-8759.

Harley 2004, one owner, FLHTCUI, asking $9,500. 309-241-6488 between 8am & 9pm.

For Sale: 1977 Honda 750 Four Super Sport with windjammer, very restorable. $1000 OBO. Phone or text: 309-613-3004.

Dana 80 rear end, disc brakes, 5:13 gear, great for Rock Crawler, Jeep, or other serious off-road. $500. 309-287-7595.

1993 Goldwing, 1500cc, new tires, tune-up, drive shaft. $9000 OBO. 309-241-0944.

2010 JayFeather Export 17Z. Sleeps 6, bathroom, kitchen, A/C, heat, $8000. 309-208-5039.

10' Uncle Buck Pond Prowler with trailer, 3hp Yamaha motor, trolling motor, 2 batteries, depth finder. $1195. 309-353-4818.

2008 FXT soft tail Harley Davidson, 8000 mi. One owner. Excellent condition. Has never seen a night outside. $11,500. Please call 309-258-6396.

2003 Kawasaki Vulcan, red, 24k, saddlebags, windshield, backrest. Runs great. $2750. 309-642-8325.

2002 KTM 200 motorcycle, $2000 OBO. Jeremy, 309-531-6510 / leave message.

2009 KLR650, excellent shape, well maintained. Never been off road. $3300 OBO. 309-202-0567.

2011 650 Bergman Executive scooter, 860 actual miles, 1 owner, never been down or wet, ABS brakes, electric mirrors, EC. $7000. 309-267-1451.

2008 G3 Suntracker pontoon boat, 20', with trailer. $13,000. 309-613-8965.

For Sale: Wells Cargo concession wagon. 16x8. Serve out of 3 sides. 2 gas fryers, full size stove & refrigerator, 4 sinks, lots of storage. Microwave, hot dog cooker, lemon press. GC. $17,000. 309-547-3025.

2000 Honda 750 Shadow, 10,000 miles, 1 owner, garage kept, red & black, complete service, road ready, EC. $3750. 309-267-1451.

2005 Yamaha Zuma for sale. Asking $1000. Please contact 309-645-7136.

Camper: 2003 Layton Skyline, 39' long with 2 bedrooms, nice sized bathroom with shower, heat & air. Nice. Located in Bloomington. $7,000. Call 309-454-3346 to see.

1960 wooden lap strake boat w/ 60hp Johnson Super Seahorse outboard & original trailer. $1500. 309-620-4342.

2011 Coleman 15hp outboard motor, long shaft, electric start, brand new, never been in water. $1100. 309-258-0409.

Farm Equipment/Mowers/ Accessories:

1997 Deere GX85 riding mower, 30" deck, 13hp, new battery, $450. 309-645-1942.

1948 John Deere G, new paint, new tires, overhauled, delivery possible. $6250 OBO. 309-392-3118 or 309-264-0113.

1935 John Deere Brass Tag A, older, complete restoration, on steel, have cut off. $5500 OBO. 309-392-3118 or 309-264-0113.

John Deere LA 145 tractor mower, 22HP, 48" deck, low hours, $1000. 309-242-1886.

2006 New Holland TC33 w/loader, new $23,600, 1350 hours, EC. $15,900. 309-657-8787. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

International model 410 bush hog mower, 5-1/2' wide, $300. 309-256-1607.

Cub Cadet ZTR 52" deck mower, very good condition. $1250 OBO. 309-253-3202.

For Sale: 4x8 utility tilt trailer, new lights and wiring last year. Good condition. $550. Please call or text: 309-253-7629.

Allis-Chalmers CA tractor w/plow, cultivator, side sickle, mower, disk, snowplow, $3000. 309-699-2013.

Rear tractor tires: Pair of Denman turf tires, made in USA, 14.9-24 on 12x24 steel rims, LN condition, $550. 309-224-8006.

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John Deere 3010, 1962, with front weights, 3pt., repainted, new rear tires, new wiring harness, electronic ignition. Asking $8000. 309-826-4270.

For Sale: Craftsman lawn tractor, 42", 18hp Kohler engine, with rear bagger. $650. 309-543-3175.

1947 Allis Chalmers Model C, excellent condition, good tires, runs good. $1800. 309-346-4852 or 309-267-1695.

24 HP Cub Cadet with 50" cut. Good condition. $700 OBO. Pekin, 309-613-0872.

John Deere 127 2-row shredder, newer blade bolts and new blades. With 2 newer implement tires, $1000. With 2 used car tires, $800. 309-826-4270.

Ariens professional self-propelled lawn mower, speed selector, bagger, 5hp, sells $700, asking $300 OBO. 309-694-3731.

Dixon: Ulta ZTR 60" deck, 200 hrs. New condition. $3300. 309-620-6341.

Miscellaneous:

Garden Tilling: For quote or more information, call Patrick Haynes, 309-208-1682.

Repowering 101

(NAPSA)—Boat owners—and people who hope to be—should know that when energy and upkeep costs get too high, it may be time to repower with a newer, more fuel-efficient engine. Here are hints on how:

• First, check the information plate for the recommended maximum power. You don't want to overpower the boat. Although a four-stroke outboard engine should be a good addition to any boat, remember: each engine manufacturer develops specific products for specific boats.

When the cost of running your boat puts a damper on the fun, consider a new, fuel-saving engine.

• Have a professionally trained marine technician do the work. Ask about his or her qualifications and certifications and about labor rates, time, and price of all components.

• Check the long-term durability and the warranty of the engine. See what brands commercial and government users prefer.

Learn More

For further facts and advice, visit Honda Marine, a division of American Honda Motor Co., Inc., at www.hondamarine.com, www.honda.com, www.powerequipment.honda.com, www.hondaengines.com, and www.facebook.com/hondamarine.

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Wanted: Vendors & Crafters for Holiday Vendor & Craft Show Saturday, October 24, Moose Family Center, 2605 Broadway, Pekin from 10:00 a.m. to 3:00 p.m. To guarantee your 10x10 space, email chapter673@mooseunits.org or call Judy Davis 309-346-1681.

Wanted: Volunteers for our great planning committees for Walk to End Alzheimer's. Peoria Walk meets first Mondays, Tazewell County Walk meets third Thursdays. For info, call Hillary Donnelly, 309-681-1100 or Teresa Tucker, 309-370-9014.

Kodak carousel slide projector, screen, 9 trays, $90. NordicTrak skier, $100. Image 929 treadmill, $125. 309-359-8489.

Rockwell Blade Runner band/jig saw, $100. Oak table, 6 chairs, hutch/buffet, $1500. Two Lawnboy mowers, EC, $175/$200. Oak dining room table, 6 chairs, hutch/buffet, $800. Woods 72" finishing mower, limited use, new $2400, asking $1480. Pool table light, new $750, asking $450. All items on Craigslist. 309-657-8787.

Wanted: Buying Colt Diamondback & Python pistols, .22, .38/357. 309-694-4015.

Light for pool table. $160. Call 309-621-1087. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

Twigs Market is opening again for its 6th season May 1st. Twigs is located on a family farm just south of Morton near interstate I55. Twigs has fresh produce throughout the growing season, vintage collectibles, local artistry, and much more. Open May-Oct every Fri. 1pm-6pm & every Sat. 9am-4pm. 309-231-2924. 24815 Allentown Rd., Tremont.

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Wanted: I do housekeeping, elderly care, nannying, and stay nights also. Cynthia: 309-467-4920.

Selling: Parlor-style table/2 chairs $75. Gunmetal gray computer desk/chair $45. 3 lead crystal wine glasses $25. Conair hot roller set $10. Collectible metal Harry Potter posters $10 each. 309-368-5623.

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Lincoln Overhead Garage Doors: Repair, maintenance, or replacement. Call 217-871-0476.

HJC Helmet: New, w/shield & air vents, red, size medium. $50. 309-353-3135.

Wood Stove: Good for garage. $125. 309-261-5842.

Child Care: Morton mom has full-time and part-time positions available. Call Wendy at 309-202-1641.

Nordic 2 person hot tub, runs on 120 or 240V, very economical, EC, will fit thru 36" door. $1350 OBO. 309-256-1607.

Model C-9, 9MM Luger. Never fired, original box, ammo holster, $200 firm. FOID required. 309-573-1242.

Female Chia-Poo for sale, 18 weeks old, has had first shots. Partially potty-trained. Cute cuddly bashful lap dog. Great companion. $450. Laura, 309-397-0695. See picture on Classified Ad Pictures page at www.areabuyersguide.com.

Foley Model 387 filer, 392 auto setter, 385 retooler. $400 OBO. 309-382-2257.

Power wheelchair, Jazzy Elite Portable, like new, used only once, new batteries, off board charger, 15 miles per charge, $900. 309-642-4109.

Attention, Woodworkers: Pete's Sharpening Service. I sharpen carbide and steel saw blades, planer and jointer knives, hand chisels, chainsaw chains, lawn mower blades, gardening tools. Call for details: 309-267-2132.

Handyman: Any and all home repairs. Some as low as $75. 309-679-7840.

New daycare will be licensed and ready to operate June 1st, 4 miles south of Hopedale, just off I-155. Education and child care experience. Call Krista: 309-660-6542.

Locally grown farm fresh freezer beef. No growth hormones. Marvin Baer. 309-231-5810 or 309-925-3428.

Border Collie pups for sale, one male/two females left. Registered dam and sire on premises. $500 each. Serious inquiries only please. 309-208-1527.

70 books, most older, some signed, some like new. All for $165. 309-699-5748.

Pool Table: Newer cloth. $700. Can help with delivery. Call Jim, 309-822-8415.

White sewing machine with cabinet, all accessories. Looks, works great. $125. 309-692-2277.

Accordion, Weiss, made in Austria, 3 row, $800. 309-263-7857.

Mizerak space saver pool table & cues, $300. Mackinaw, 952-239-8001.

Adjustable hospital bed, new condition, automatic, trapeze, top and bottom raise and lower by push button. $750 OBO. 309-361-4271.

Formal dress for mother of bride. Beautiful beaded jacket, skirt, shell. 14. Worn once. $50. 309-392-2519.

Beautiful sleeveless dress with 3/4 sleeve jacket, bodice & jacket glittery, brown tones, 18W, perfect condition, handbag, necklace, earrings. All $100. 309-241-6163.

Electro Freeze freestanding ice cream machine. 3 spigots. EC. $3000 OBO. 309-392-2242/309-449-5423.

Benelli M112ga. Super 90, green camo, LN in box. 3". $700. FOID req. 309-694-4015.

Storage units in Mackinaw. 10X10, 10X20. Heated storage available. Sky Enterprises, Inc. 217-819-3073.

Classified ads in the Area Buyers Guide: Basic pricing, 12 words $7.95 for 2 weeks (35¢ per word after 12). Private party ads with a priced item will run until the item sells (some exclusions apply). Place your ad online 24 hours / day. If an incorrect amount is included, we will revise wording to fit payment whenever possible. If you have questions about pricing as you are composing your ad, please give us a call at (309) 359-4561. Thank you.

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10:40 AM
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Area Buyers Guide

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Health Awareness

Good News For Older People

(NAPSA)—It's a blanket statement but still true: Aging Americans can benefit from having a special blanket—one that's lightly weighted to about three to five pounds, that is.

There are several reasons. First, older people tend to get less deep REM sleep at night. A weighted blanket can help the brain produce melatonin and serotonin, allowing the person to sleep more soundly at night and be more alert during the day.

Older people can find lightly weighted blankets, a great sensory integration tool, both comfortable and comforting.

The elderly tend to get cold easily regardless of the temperature, and featherweight blankets keep them warm because the polypellet content makes these blankets sort of a beanbag combined with a blanket.

Featherweight blankets from Mosaic Weighted Blankets provide a feeling of comfort; they mimic a hug with their steady pressure on the body. The even distribution of weight gives a pleasant feeling of being cuddled and comforted.

Learn More

Find further facts at www.featherweightblankets.com and (512) 567-8943.

Real Estate for Sale or Rent:

For Rent: 2BR apt., Morton. Kitchen with appliances & W/D. Large living room, cathedral ceiling. Patio & garage. $750/mo. + $750 deposit. 309-266-6796.

Pekin Land: 4.15 acres wooded land, Country Estates near Pekin. Underground utilities. $65,000. Must see, hunter's paradise. 309-925-5712 / 309-202-5669.

House for Rent, Morton: 3BR, 2BA, basement, garage w/opener, 1700 sq. ft., all appliances. No smoking. No pets. $1400/mo. Deposit, lease, & references. Call 309-264-2205 to see.

Minier ranch home for sale: 413 S. School. 3BR, 2BA, large living room w/fireplace, family room w/fireplace, kitchen, dining room, laundry/mud room, deck, 2-car garage, corner lot. $142,000. 309-392-3275.

Deer Creek: Two lots on a corner. 100' x 150'. $40,000. 309-440-1012.

For Rent, Mackinaw: 2BR apartment, water included. No pets. $525/mo. + dep. 309-208-3927.

House for rent - Mackinaw. 2 bedrooms. $700 rent and deposit. 309-310-5830.

Lady needs to share private home. No deposit, no utilities. $280/mo. 309-449-5407.

Venado Lakes, Delavan. By owner. Lakefront ranch, 1.5 private acres, 3BR, 4BA, finished walkout basement, 2 garages, 2 kitchens, generator. Open house April 19, 1-3. 309-613-4369.

Minier Duplex: Newer 3BR, 2 full baths, fireplace, fridge, stove, dishwasher, 2 car garage, finished basement, energy efficient, handicap accessible. $975/month. Text or call for details. 309-275-8209.

Peoria: 2BR home, 3323 N. Gale Ave. Garage, basement. Nice area. $700 + dep. 309-645-0477.

Bartonville: 1BR efficiency upstairs apartment. 510 McKinley. $375 + dep. 309-645-0477.

Duplex: 302 Leopold, Mackinaw. 2BR, large family room, dine in kitchen, wood laminate floors, central heat/air, private garage. Garbage, lawn care included. No smoking, no pets. Credit check required. $575. 309-838-4012. new phone.

Please take my ad out for the second week. I could have sold the house 5 times. Your paper is great! Chuck C.

Wanted: House, contract for deed, Manito south area, 2-4 bedrooms. 309-535-1139 or 217-870-0160.

HOME FOR SALE IN DANVERS
106 EAST PARK...$79,900

So much character and charm in this century old home! Beautiful trim, built in book case, lots of closets & storage space. Convenient main floor laundry and full bath. Park like yard with patio to enjoy the outdoors. Many updates...furnace, water heater, gutters, roof, and attic insulation all completed in 2013. Newer windows and siding also. MUST SEE!!

Call Jodi McDermott 309.445.1263

BERKSHIRE HATHAWAY HomeServices Snyder Real Estate

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Mobile homes for sale or rent: 3BR, 2BA, $600/month. 2014 2BR, 1BA, $700/month. Natural gas is here. Camper spots available. Call Andy: 309-530-7939.

ABG Hours: The Area Buyers Guide is open Monday through Thursday from 8:30 a.m.-5:00 p.m. and Friday from 8:30 a.m.-1:30 p.m. Our web site, areabuyersguide.com, is available 24 hours a day, 7 days a week. Call 359-4561 with any questions.

Conference Table: 42"W x 8' L with 8 chairs. GC. $650. 309-275-7201.

Tritronics electronic dog collar. Case, video, & owner's guide. $120. 309-694-4015.

Computer trouble-shooter: Dial 309-360-1776 for friendly, prompt service. Triple J Computers of Mackinaw makes house calls, fixing your ailing computer, installing an upgrade, adding software, or building a custom system to meet your specific needs.

Now Buying: Nintendo, Xbox, Playstation video games, action figures, records, DVDs, CDs, comic books cards and collectibles. ACME, 309-691-9816.

Racing Suit: 2 piece, blue/white, large. Like new. $50. Dennis, 309-745-3618.

Burn barrel or feed barrel, clean, with lock-lever lid. $20. 309-613-7007.

Ear corn for squirrels and birds. 25 lbs. / $10. 309-369-2681.

Bridal gown, floor length, overskirt, beaded bodice, strapless. Sz. 6 petite. $100. 309-202-7471.

Highest prices paid for junk vehicles. Call Bob, 309-694-0520 / 309-635-6298.

Now Available: 20 cu. yd. huge haul roll-off dumpsters. Daily, weekly or monthly rental. Ben E. Neville Trucking Service Inc. 309-359-8400.

Original five piece Simpson's family of five collectible. Must see. $500. 309-202-2298.

Ladies' coat, down filled, quilted, ankle length, rose. Size med. New. $45. 309-202-7471.

The newest issue of the Area Buyers Guide is uploaded to areabuyersguide.com weekly on Wed. mornings. We also update the Classified Ads page each Monday, Wednesday, and Friday.

DAILY HOMEMADE SOUPS!
Monday: Chicken Noodle
Tuesday: Creamy Potato Bacon
Wednesday: Beef & Barley, Ham & Bean
Thursday: Chicken Dumpling
Friday: Creamy Broccoli, French Onion
Saturday: Vegetable Beef
Sunday: Creamy Chicken

MACKINAW FAMILY RESTAURANT
100 S. Orchard Street, Mackinaw
(309) 359-8080

Carry Out Chicken Served Every Day!

6 pc.	$6.60	14 pc.	$15.40
8 pc.	$8.80	16 pc.	$17.60
10 pc.	$11.00	20 pc.	$22.00
12 pc.	$13.20	24 pc.	$26.40

Wednesday Night Special: 1/2 Fried Chicken w/sides $6.55
Our customers LOVE our made-from-scratch Homemade Lasagna, Homemade Goulash & Baked Cod!

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Meeting/party room for up to 40 people!

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Pets of the Week

Meet **Tinsel**. She is 8 months old. She is small & cute. She sometimes nips while playing, so a home without little children would be best. She really likes to play. Come meet her!

100 TAPS Lane, Pekin, IL
(behind Tazewell Machine Works, 2015 S. 2nd St.)
(309) 353-8277
www.tapsshelter.org

CUTENESS ALERT!
2 week old kittens.
Ready to go in about 5 weeks.

Please call Tazewell County Animal Control from 8 am - 5 pm Monday through Friday at 309-925-3370

This space provided to you by the Area Buyers Guide
If you have lost or found a pet, check out our PetFinder at **www.areabuyersguide.com.**

Duplex for sale: 511-513 E. Fifth Ave. Mackinaw

Two Units:
511 E. Fifth is a 1BR unit &
513 E. Fifth is a 2BR unit
Asking Price $125,000.
Call 309-657-0587

For your convenience: The Area Buyers Guide office is located in Mackinaw, IL, next to the new Casey's on Rt. 9

603-1/2 S. Orchard St.

Hours:
Mon.-Thurs. 8:30-5:00
Friday 8:30-1:30
Call 359-4561 for a personal appointment.

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Auctions & Sales

PUBLIC AUCTION

Saturday, April 25, 2015 9:30 AM

Auction will be held at **Ron Schmidgall's Auction Barn,** located 2 miles North of Goodfield, IL on Rt. #117, then west ¼ mi., on Cooper Road (500N). Goodfield is at Exit 112 on I-74 between Bloomington & Peoria, IL.

Preview Friday, April 24, 2015 2-6 PM

See our auctions on www.auctionzip.com ID# 24910

FURNITURE & HOUSEHOLD GOODS; POTTERY; GLASSWARE & CHINA

Owners: Marvin & Pat Eckhoff, Roanoke

Note: Marvin & Pat have been collecting pottery & glassware for over 65 years. There are hundreds of quality pieces on this sale.

THIS IS A LARGE AUCTION. OTHERS WILL SELL:

DISPLAY CASES; ANTIQUE TRACTORS; 6'X8' SHED; FARM COLLECTIBLES, TOOLS, MISC.

TERMS: Cash, major credit cards, or good check w/ID • **Lunch by Sylvia's Cooking**
Not responsible for accidents or items after sold.
Announcements sale date take precedence over printed material.

SCHMIDGALL AUCTION SERVICES INC.

Ron & Christina Schmidgall, 1340 County Rd 500N, Eureka, IL 61530

Phone: 309-467-6028 Lic# 440.000140

Area Buyers Guide

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SUBWAY

Grand Opening Celebration of Mackinaw Subway

Monday April 27th

Buy One, Get One Free All Day!*

***Valid on Six-Inch & FOOTLONG Sandwiches**

709 King Dr. Mackinaw, IL (309) 359-3692

UPCOMING SALES:

Moving Sale: Fri., 4/24, 8-5 & Sat., 4/25, 8-2. 503 N. Maple, Minier. Vintage gas stove, pump organ, some furniture, toys, books, lots of misc.

Garage Sale, Tremont: 10228 Arrow Rd. April 24 & 25, 8-4. Lots of brand name boy and baby clothes, newborn to 4T girls, nice furniture & appliances, deer stand, Caterpillar merchandise, & much more.

Tremont townwide garage sales, April 24 & 25, 8am-3pm. Maps available at local businesses.

Missions Garage Sale: Rock Creek Bible Church, 307 E. Kauffman St., Congerville. Thurs. 4/30, 8am-6pm. Fri. 5/1, 8am-7pm. Sat. 5/2, 8am-1pm. Annual indoor sale. 100% of proceeds goes to mission projects. Huge sale in all-purpose room. Treasures for everyone. Hope to see you there. Congerville Townwide Sales Thursday 4/30.

Decorate your home with scroll saw art including many wooden wall hangings, clocks, trivets, cutting boards, baskets, seasonal items, all handmade in Mackinaw USA. May 2, 8am-5pm, 112 N. Juliana, Mackinaw (during Mackinaw townwide sales). Also old wooden picture frames, glassware, oak drop leaf table, steamer trunk, chairs, 30+/- sq. ft. bamboo flooring, misc. 309-264-1933.

HUGE 2-FAMILY YARD SALE

404 Madison St., Hopedale

Fri./Sat. May 1-2 • 8am-4pm

1,000s of new tools - saw blades - chain - hydraulic jacks - socket & wrench sets - etc!
1,000s of boxes of deck - drywall - sheet metal screws - 100's of pocket knives - 4' Wood Bush Hog - 5 leveling transits - 200 amp Ronk throw switch - Lincoln welder - Woods posthole digger - 4 tillers (3pt) - 1,000s rolls co-ax cable Children's DVDs - boys' clothes (4-7) - boys' shoes - toys - 3D animal pictures - children's books - Coach purses - dog kennel

1986 (450cc) Honda Rebel motorcycle

— Too Much to List!! —

Thursday Evening Auction

April 30, 2015 at 4 PM

Roth Auction Center – E. Muller Rd., E. Peoria, IL

3 miles W. of Morton out W. Jefferson St. --1 mile E. of Pinecrest Dr.

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5:00 PM - 715 N. 11th St., Pekin - *Knights of Columbus Hall*

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Terms: Credit cards accepted. 3% buyers' premium waived when paying cash or local check. Preview starts 3:30pm on Mondays. Not responsible for accidents.

Wedding/engagement ring set, Princess diamond, appraised $2800. Sell $2300 OBO. 309-266-1634.

Check out the local weather and 10-day forecast at areabuyersguide.com.

Vending Machine: Mechanical, 9 snack, 5 soda selections. Almost new. $1000 OBO. Connie, 309-648-8306.

See us for your business cards, letterhead, computer checks, carbonless forms, labels, and more. Now available: Magnets & decals. Typesetting & layout services available. We now also make color copies. Call for free consultation & pricing. Area Buyers Guide, 309-359-4561 or areabuyersguide@frontier.com.

Lost or found a pet?

Check out the FREE Petfinder page at AREABUYERSGUIDE.COM

E-mail us at areabuyersguide@frontier.com

Men's Health Update

Tips On Starting A More Nutritious Lifestyle

(NAPSA)—A growing number of men are enjoying a lifestyle that focuses on a diet built around nutritious, whole foods. Here are some tips to help you get started.

• **Go with fresh vegetables when possible.** They tend to be full of vitamins and low in calories. As a bonus, they can help you meet your daily fiber target.

• **Keep your alcohol intake moderate.** Too much alcohol can mean added sugar and filling your liver with toxins. For men, limit your intake to two drinks a day.

• **Make your grains whole grains.** Eating three or more servings of whole grains each day can help you achieve a healthy diet. Also, when possible, choose brown rice over white rice.

• **Try eating five to six small meals throughout the day.** This helps to prevent you from skipping meals and overeating. It also supports steady energy levels. Many find the best way to do this is with three main meals and three substantial snacks.

Men who are following a more nutritious lifestyle need to snack smart. That means finding foods that are tasty, nutritious and convenient.

• **Don't forget exercise and rest.** According to the Centers for Disease Control, adults ages 18 and over (including older adults) need at least 2½ hours of moderate aerobic activity each week and muscle-strengthening exercises twice a week.

Quality sleep—seven to eight hours a night for adults—is also important. It aids in the ability to process information, restore your body's strength and repair muscles.

• **Snack smart.** Don't overlook convenience as a factor when it comes to constructing a healthy diet. Foods or products that contribute the nutrients needed and are easy and enjoyable to consume have a better chance of being part of a man's diet over the long haul.

For example, there is a line of food bars called LÄRABAR made with "whole food" ingredients such as nuts and dried fruit and seasoned with spices. The Original Fruit & Nut Bar™ contains no more than nine ingredients and no trans fats or preservatives. The ingredients in the "Apple Pie" bar consist of dates, almonds, unsweetened apples, walnuts, raisins and cinnamon.

Plus, the bars come in a wide variety of flavors—from Blueberry Muffin to Peanut Butter Cookie or Chocolate Coconut Chew to Key Lime Pie—so there is something to satisfy just about any taste.

To learn more, visit www.larabar.com.